

Pushing myself to be better  
Posted by hundredbrachos - 23 Jul 2024 19:52

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Hi,  
  
I don't really like typing since I am not the best in conveying myself over text but I am going to push myself and finally introduce myself. What motivated me is seeing username Eerie post regarding himself so I thought I also introduce myself.

I am your typical normal frum person, daven 3 times a day, has multiple sederim. I have struggled for about +12 years, on and off, the longest stretch was about 120 days. I have never given up and I have continued fighting since I know that this is a problem that has affected me in multiple aspects of my life such as anxiety/depression/lack of motivation/interpersonal relationships/memory. I usually fall about once a week and this is on a day that I am off from work and therefore not busy or productive. Usually week 2 or 3 are the hardest for me but after I get passed those week what makes me fall is just curiosity or stress. So thats me.

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Re: Pushing myself to be better  
Posted by Muttel - 23 Jul 2024 20:06

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Welcome!

Great to see you join the fight towards a life of purity!! There is such great support here that you can benefit from to strengthen yourself in this battle.

May I suggest you reach out to Hashem Help Me ([michelgelner@gmail.com](mailto:michelgelner@gmail.com))? He's helped many, me included.

Here's hoping for your success and spiritual flight!

Muttel

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Re: Pushing myself to be better  
Posted by BenHashemBH - 23 Jul 2024 20:37

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Shalom Brother,

Way to push yourself and write an introduction. Would love to know you better and connect.

If typing is hard, would you prefer speaking over the phone? The oilam here has many special members that would be happy to talk.

Hatzlacha

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Re: Pushing myself to be better  
Posted by redfaced - 23 Jul 2024 21:42

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The truth is that Eerie is a great person to be inspired from. He is someone that has helped many people on The Journey towards themselves.

Stick around . Read and Write . There is much to gain from being here

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Re: Pushing myself to be better  
Posted by yiftach - 23 Jul 2024 22:09

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A very warm welcome!

You're a million percent right! It's hard to convey feelings through text, and way to go for pushing yourself to open up.

If you feel up to it, maybe reach out to some folks. Your inspiration, eerie, is a great start. HHM, is chief around town and Muttel is nisht avek tzu machen.

If not, make yourself at home. You're not alone in this fight, we're all brothers locked in arms. Like you wrote, you haven't given up. DON'T. This is our mission on this planet. We'll make it to freedom TOGETHER!

ALL THE BEST,

- Yiftach'l

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Re: Pushing myself to be better  
Posted by eerie - 24 Jul 2024 01:35

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Hey, nice to meet you, my friend! Please feel free to reach out via the email in my signature. I'd love to make your acquaintance.

My friend, this place, as CO puts it, means **hope**. Here we begin the process of really getting past all the behavior we really know should be left behind. My friend, stick around, read some threads, get to know the oilam. And soon you'll be on your way

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Re: Pushing myself to be better  
Posted by chosemyschem - 24 Jul 2024 13:51

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Hey welcome!

Definitely can relate to what you shared. There are a lot of great resources on the site that can help you in the fight. Check out some of the links in my signature below including: The highly recommended book The Battle of the Generation which can help you reframe the entire struggle; the excellent program Flight 2 Freedom which will teach you some really awesome tools, and work through some exercises; and The Hall of Fame for a taste of what the forums

can offer.

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Re: Pushing myself to be better  
Posted by hundredbrachos - 24 Jul 2024 19:20

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Thank you guys.

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